



***MOVE!***



**WELLNESS**

***A State of Enhanced Health - An Integration of Body, Mind, & Spirit in Health and Well Being***

## **The Health Continuum**

**Death -----Not Sick-----Enhanced Health**

<b>Body Health</b>	<b>Mind Health</b>	<b>Spirit Health</b>
<b>Eat a wide variety of healthful, wholesome foods</b>	<b>Keep your mind active</b>	<b>Find meaning in your life</b>
<b>Don't smoke</b>	<b>Reduce stress</b>	<b>Allow yourself to experience the joy of living</b>
<b>Exercise your body</b>	<b>Think positive thoughts</b>	
<b>Get enough rest</b>		<b>Experience pleasure &amp; beauty</b>